Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (Currently Amended) A cosmetic or dermatological preparation or formulation comprising:

vitamin F, wherein the vitamin F is an essential fatty acid consisting of an omega-6 polyunsaturated fatty acid and is present in the form of a complex with alpha-cyclodextrin, and

wherein the essential fatty acid and alpha-cyclodextrin are present in the complex in a ratio selected from the group consisting of 3 mol of alpha-cyclodextrin: 1 mol of and said essential fatty acid, 4 mol of alpha-cyclodextrin: 1 mol of and said essential fatty acid, and a mixture of these complexes.

Claims 2-8: Canceled.

Claim 9. (Currently Amended) A process for preparing a preparation as claimed in claim 1, comprising

dispersing a complex of vitamin F consisting of an omega-6 polyunsaturated fatty acid and alpha-cyclodextrin in water to form a dispersion; and

then mixing the dispersion into a lipophilic part of an emulsion.

Claims 10-18: Canceled.

Claim 19: (New) A cosmetic or dermatological preparation or formulation comprising:

linoleic acid or alpha linolenic acid present in the form of a complex with alpha-cyclodextrin,

wherein the linoleic acid or alpha linoleic acid and alphacyclodextrin are present in the complex in a ratio selected from the group consisting of 3 mol of alpha-cyclodextrin: 1 mol of linoleic acid or alpha linolenic acid, 4 mol of alpha-cyclodextrin: 1 mol of linoleic acid or alpha linolenic acid, and a mixture of these complexes.

Claim 20. (New) A process for preparing a preparation as claimed in claim 19, comprising:

dispersing a complex of linoleic acid or alpha-linolenic acid, and alpha-cyclodextrin in water to form a dispersion; and then mixing the dispersion into a lipophilic part of an emulsion.

Claim 21 (new): The cosmetic or dermatological preparation or formulation according to claim 19, wherein the complex comprises a complex of linoleic acid and cyclodextrin in a ratio selected from the group consisting of 3 mol of alpha-cyclodextrin: 1 mol of linoleic acid, 4 mol of alpha-cyclodextrin: 1 mol of linoleic acid, and a mixture of these complexes.